



Your CT Simulation with IV Contrast (Dye)

Your radiation oncologist wants you to have your CT simulation with IV (intravenous) contrast. IV contrast helps your radiation oncologist see certain areas inside your body. This is used by the radiation team to plan your radiation treatments. This handout offers information on what you need to know before and after your CT simulation appointment.

Risk of having IV contrast

Most people have the injection of IV contrast without any problems. You may have a mild, allergic skin reaction such as itching and hives. This reaction may go away without treatment. It can be treated with medication if needed. Some people have a severe allergic reaction. This could cause a drop in your blood pressure or changes in your heart rate. Your radiation team knows what to do if this happens. In very rare cases, stroke or death can occur.

It is important to tell us before your CT simulation if you ever had an allergic reaction to IV contrast.

Preparing for your CT simulation appointment

Follow all of the instructions with a check mark (✓) beside them.

The day before your CT simulation

- ✓ Drink 8 to 10 cups (1 cup = 250 ml) of non-caffeinated fluids. This will help flush out (remove) the IV contrast from your body after your CT simulation to protect your kidneys.

The day of your CT simulation

- ✓ Do not eat food for 4 hours before your CT simulation appointment.
- ✓ Do not drink any fluids for 1 hour before your CT simulation appointment.
- ☐ Take the allergy medication (you will be given information about this if it applies to you).

☐ **Additional instructions for patients with kidney problems (an eGFR of less than 30ml/min)**

The day before your CT simulation

- ✓ Drink 2 cups of soup broth or bouillon (example: OXO cubes dissolved in water)

The day of your CT simulation

- ☐ If you take a medication called Metformin HCL (also called Glucophage) for diabetes, do not take it on the day of your CT simulation.

Your CT simulation with IV contrast

An IV line is put into a vein in your arm. The IV contrast is injected into your IV line. As the IV contrast is put into your IV, you may have a metal-like taste in your mouth or a warm feeling in your body. This is normal and does not last. Tell a member of your healthcare team if you feel anything different from this.

Your IV is taken out after your CT simulation is completed. You need to stay in the radiation department for about 15 minutes before you can go home.

After your CT simulation appointment

A bandaid or small dressing is put on over the area where your IV was inserted. Remove this bandaid/dressing 2 hours after your appointment if it is dry (there is no bleeding). You may need to apply pressure to the area and add a new bandaid if it is still bleeding.

The day after your CT simulation

- ☐ Drink 8 to 10 cups (1 cup = 250 ml) of non-caffeinated fluids. This helps flush out (remove) the IV contrast from your body after your CT simulation to protect your kidneys.
- ☐ **Additional instructions (for patients with kidney problems (an eGFR of less than 30ml/min))**
 - ☐ If you take a medication called Metformin HCL (Glucophage) for diabetes, do not take it for 48 hours after your CT simulation.
 - ☐ Make an appointment to see your family doctor or nurse practitioner. You need to have bloodwork done to check your kidneys 2 to 3 days after your CT simulation.

If you have a problem or concern about a symptom or side effect from your cancer treatment:

1. Call your primary nurse at the cancer centre from Monday to Friday, 8:30 am to 4 pm, (except on holidays). Use the phone number your primary nurse gave you.
2. Contact CareChart Digital Health from Monday to Friday, 5 pm to 8:30 am and anytime on weekends and holidays for symptom management support.

Talk to a nurse using one of these options:

- Call the after-hours telephone line at 1-877-681-3057.
- Request a video call by going to carechart.ca.
- Use the CareChart Digital Health App. This App is available to download for iOS or Android devices.

Call 911 or go to the Emergency Department at the hospital closest to you for a medical emergency. Talk to a member of your healthcare team if you have questions or do not understand any information in this handout.

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